

Objectives: In this work, academics and tutors of the nursing and medicine courses of the University of the State of Amazonas-Brasil (UEA) accompanied the work process of professionals of the Municipal General office of Health of Manaus, Amazonas-Brazil (SEMSA-Manaus), with the objective of living actions related to the surveillance in health in the scope of the maternal mortality.

Methods: This project makes part of the “Pró-Saúde”, that is the National Program of Reorientation of the Professional Formation in Health in Brazil, being a report of the work process of professionals of SEMSA-Manaus and academics of UEA in the investigation and analysis of maternal deaths between 2010 to 2012.

Results: Fourth-one maternal deaths were investigated of a total of 78 deaths (52,56%). Of these women, 68% were between 19 and 34 years old. Most (97,56%) had attendance of prenatal or delivery in units of health. Seventh four percent of the deaths happened during the gestation, followed by the puerperium (23%) and in the moment of the childbirth (3%). The direct obstetric causes were responsible for 66% of the deaths.

Conclusions: The experience lived by academics of UEA increased the formation of those future professionals and it demonstrated that actions related to the obstetric complications in the pregnancy, childbirth or due to puerperium interventions, omissions, incorrect treatment should be part of a public health politics in any Country, State or area.

Keyword: Investigation. Analysis. Death. Maternal.

CHARACTERIZATION OF KNOWLEDGE AND CONSUMPTION OF ACETYLSALICYLIC ACID IN USERS OF COMMUNITY PHARMACIES

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Introduction: Acetylsalicylic acid (ASA) is one of the drugs most used by the Portuguese population for its anti-inflammatory, analgesic, antipyretic and antiplatelet effect. Thus, this study aimed to characterize the knowledge and the consumption pattern of ASA in users of community pharmacies of three locations in the district of Porto.

Methods: The investigation was achieved by application of a questionnaire to 390 users of community pharmacies of three locations in the district of Porto (Lousada, Paços de Ferreira e Porto).

Results: The dosage of ASA most known and consumed was of 500mg (28.2 and 53%, respectively). Individuals considered having a level of knowledge “Reasonable” about this substance (47.8%). As regards the frequency of use, the most reported by respondents was once per year (48.3%), and time-consuming 1 to 3 days (37.8%). A considerable percentage of respondents indicating that ASA was prescribed by the doctor (36.4%) and on his own initiative (36.4%). The main reasons of use of AAS are flu (41.2%), pain head (40%) and fever (10.7%), have been noted adverse effects in 4.1% of consumers. It was found that the level of knowledge is higher in middle age (40-60 years) ($p = 0.220$) and in individuals with qualifications of 6-9th year.

Conclusions: The present study denotes the existence of gaps of consistent, coherent and updated information about ASA drug.

Keywords: Acetylsalicylic acid. Consumption. Knowledge.

CHARACTERIZATION OF PATIENTS WITH COPD FROM 3 HEALTH CARE CENTERS IN VISEU

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Introduction: Chronic Obstructive Pulmonary Disease (COPD) is a major cause of chronic morbidity, premature mortality and health resources expenditure. It is a condition related to exposure to risk factors and the spirometry is required to make a clinical diagnosis. The comorbidities contribute to its severity.

Objectives: Identify the population of three Health Care Centers in Viseu diagnosed with COPD and characterize their smoking habits, occupational risks, registration of spirometry, comorbidities and therapy.

Methodology: Observational, cross-sectional and descriptive study, by retrospective analysis of clinical records of patients diagnosed with COPD until June 2014. The data was collected through the software SAM® and then processed in Excel®2010.

Results: 228 patients were studied, of whom 62.3% were male and 37.7% female, aged between 35 and 98 years (mean 71.5 years). 9.2% had occupational risk with exposure to dust and/or inhaled gases and 65.8% had no computer record of their profession. 52.6% were non-smokers, 12.3% smokers, 10.5% ex-smokers and 24.6% had no record of smoking. 35.5% of patients had spirometry requested, of which 61.7% was consistent with the diagnosis. Regarding comorbidities, 49.6% had hypertension, 36.4% dyslipidemia, 18.4% diabetes, 15.4% were obese and 18.9% had anxiety and depression. The majority (32%) were treated with an inhaled corticosteroid combined with a long-acting beta2-agonist.

Conclusions: This study highlights the role of GP in controlling multiple comorbidities and in patient education for the avoidance of risk factors such as smoking. It is worth noting the lack of required spirometry, important to confirm the diagnosis as well as in the monitoring of the disease, and the lack of medical records that should be improved.

Keywords: Chronic obstructive pulmonary disease. Smoking.

4. ELDERLY HEALTH

DETERMINANTS OF ACTIVE AGING AMONG THE ELDERLY PORTUGUESE POPULATION

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Introduction: Our aim in this communication is to contribute to the characterization of motor skills of the Portuguese elderly population, determining their relationship with age and with the subjective health status. We characterized the capabilities of gross motor skills (GMS) and fine motor skills (FMS) based on two indices that aggregate various indicators.

Methods: The analysis is based on the results obtained in the Survey of Health, Aging and Retirement in Europe (wave-4) constituted by a representative sample of the Portuguese individuals over 64 years. From the data obtained, the GMS have been assessed through an index which includes the ability to: walk one hundred meters; cross a room; climb a flight of stairs and bathing. The evaluation of FMS

was based on an index comprising the following capabilities: pick a coin that is placed on top of a table; eating and dressing.

Results: GMS index varies between 0 and 4 and FMS index varies between 0 and 3, higher values correspond to greater difficulties. The results obtained in GMS ($n = 931$, $M = 0.69$) and FMS ($n = 931$, $M = 0.31$) showed a low level of functional disability among the elderly. We found statistically significant differences regarding gender in GMS ($t(929) = -5,753$; $p = 0,000$), revealing that women ($n = 510$, $M = 0.88$) have greater limitations than men ($n = 421$, $M = 0.47$). There is a similar situation in FMS ($t(929) = -4,993$; $p = 0,000$) (women, $n = 510$, $M = 0.41$; Men, $n = 421$, $M = 0.19$). We also identified the existence of correlation between age and GMS ($r = 0.302$) and FMS ($r = 0.232$). The health status has significant correlations with the GMS index ($r = 0.408$) and the FMS index ($r = 0.318$).

Conclusions: There seems to be evidence that the capacity for mobility correlates with increasing age and deteriorating health perception.

Keywords: Active aging. Functional capability. Life quality.

SUBJECTIVE WELL-BEING AMONG OLDER PEOPLE IN SOUTHWESTERN EUROPE

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Introduction: In this communication we analyze the level of happiness of the elderly population as an important dimension of the concept of quality of life, correlating it with the subjective assessment of health status. We focus on the characterization of the Portuguese and Spanish realities.

Methods: It is a quantitative research based on the analysis of the European Social Survey (round 5) data. Only the answers of respondents over 65 years of age living in Portugal and Spain were considered.

Results: The results show that the level of happiness (measured on a scale of 11 values) is higher among the Spanish elderly ($n = 725$, $M = 7.18$) when compared with the Portuguese ($n = 270$, $M = 6.20$). In the Portuguese sample, we find the existence of statistically significant differences between gender ($t(268) = 3.20$, $p = 0.002$), being men ($M = 6.68$) happier than women ($M = 5.88$). With regard to household size ($F(4) = 3.213$, $p = 0.013$) and marital status ($F(5) = 3.711$, $p = 0.003$), there are statistically significant differences that reveal greater vulnerability of the elderly widowed that live alone concerning the feeling of unhappiness. We also identified differences in the perception of the level of happiness related with the level of limitations in daily living activities ($F(2) = 13.57$, $p = 0.000$). The analysis of relation between the level of happiness and health status reveals a positive correlation between the variables ($r = 0.339$).

Conclusions: The general conclusion of the research points out a group of factors that enhance the decline of happiness among the elderly in Portugal and Spain: being a woman; the situation of widows or divorced, the fact of living alone, limitations in activities of daily living and financial difficulties.

Keywords: Aging. Wellbeing. Life quality.

PERCEPTION OF HEALTH STATUS AMONG THE ELDERLY POPULATION LIVING IN THE HISTORIC CENTER OF PORTALEGRE

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Introduction: In this communication we present the results of an research that aimed to assess the state of health, the feeling of loneliness and quality of life of Portalegre (Portugal) senior

population. Our aim is to characterize the perception of health status among the elderly population based on three indicators: self-assessment of health status; self-assessment of the existence of changes in health status and autonomy in performing everyday tasks.

Methods: This is a quantitative descriptive and explanatory study with a non-probability sample. All data was collected through a questionnaire to 123 elderly residents in Portalegre historical area.

Results: Of the 123 elderly respondents, 69.9% were female, and 30.1% male. The average age stood at 77 years. Most elderly men are married and the status of widowhood affects mainly women. The results are in conformity with those found in other studies that identify statistically significant differences between men and women perception of health status. In fact women tend to have a worse account of their state of health when compared with men. However, there are no differences in terms of functional limitations on autonomy in performing daily life activities. Regarding the increase of age we have find a decreased of autonomy ($\chi^2(3) = 10,644$; $p = 0,014$) and a deterioration of the perception of health status ($\chi^2(3) = 6,775$; $p = 0,080$).

Conclusions: Knowing the impact that the loss of autonomy has on the quality of life of the elderly population, we recommend greater attention to the importance of maintenance activities for seniors.

Keywords: Aging. Health status. Functional capability.

IN THE ELDER ABUSE

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Introduction: The progressive aging of the population, its feminization, the increasing number of elderly people living alone and, in parallel, the weight of potential forms of discrimination based on age are aspects to take into account when (re) define policies public in order to tailor interventions to the specific needs and characteristics of this population group (Quaresma, 2012).

Objectives: Identify (evidence) abuse and discrimination for the elderly in the municipality of Guarda.

Methods: A descriptive, cross-sectional and quantitative study; non-probability sample of convenience, 135 elderly (65 or +years) residents in the municipality of Guarda. Application of instruments for collecting data through semi-structured interview, conducted at the Center for Health and Centers days; instruments: Scale Evaluación de Apoyo Social Funcional; La social discriminación Personas Mayores against them (ageism survey); elicitação abuse neglects the personas mayores (questions to elicit elder abuse).

Results: Of the 135 elderly women were the majority -79, 56.7% were married and living with spouse and own home (83.7%). It was concluded that most 61.4% apreentam low yields. Receive visits < 5 times per month, most are independent in their AVD and AIVD, 46.7% had mild depression and 90.7% have normal social support. Noting that 60 seniors recognized between 1-5 episodes of discrimination, 102 relate suffer from emotional abuse and 98 neglect.

Conclusions: The results indicate that the elderly of the study are mostly low-income women suffer from abuse and emotional abuse, followed by neglect.

Keywords: Elderly. Discrimination. Evidence of abuse.